



Nutrition makes a stand in Navy fitness

BY JO2 AMIE HUNT
NAVY PERSONNEL COMMAND
COMMUNICATIONS OFFICE

With the spring Physical Readiness Test cycle, the Navy is ensuring sailors are aware of not only the fitness of healthy living, but diet, as well.

The Navy has registered dietitians throughout the fleet to assist with healthy meal planning, weight loss counseling and other nutrition needs. In many cases, sailors can also visit their command's Health Promotion Department to obtain nutritional information and assis-

tance. "Nutrition has recently become a more popular topic in the Navy as two-thirds of the U.S. population is overweight," said Lt. Cmdr. James McGowan, a registered dietitian who serves as the Navy's nutrition program manager. "Poor eating habits and a sedentary lifestyle can lead to excess body weight, which can affect their military career with physical fitness assessment failures and, ultimately, administrative separations."

According to McGowan, many people believe that wellness equals physical fitness. In addition to exercise, however, knowledge of good

nutrition, quitting tobacco, avoiding abuse of drugs and alcohol, and keeping mental health play important roles in the "whole person." Daily consumption and daily exercise are primary factors. "By balancing our intake of healthy foods with exercise, it will be a little easier to move toward wellness," said McGowan.

The Navy has instituted a number of new programs to help sailors achieve a culture of wellness. The Naval Supply Systems Command has created a healthy menu for galleys, which offers many lower-fat and baked foods items. The Navy also offers the ShipShape program,

which sailors can attend before they exceed body fat standards. "(ShipShape is) specifically designed to provide active-duty personnel with basic information on nutrition, stress management, physical activity and behavior modification techniques to lower and maintain an acceptable body weight within Navy standards," said McGowan.

Sailors in the fitness enhancement program are required to complete the Nutrition and Weight Control Self-Study Guide. The nine-chapter guide allows sailors to complete a chapter each week and then have the command fitness

leader review it and provide recommendations. The focus is to change behaviors from unhealthy to healthier, from large portions to smaller ones, from lack of exercise to increased activity.

Commands interested in starting a ShipShape program can go to the Navy Environmental Health Center site at www.nehc.med.navy.mil/hp/shipshape/index.htm. The self-study guide is available to anyone and can be found online at www.npc.navy.mil/CommandSupport/PhysicalReadiness/Nutrition, along with other health and nutrition resources.



Can you Take First? - The NPC Olympics are being held June 5-16 at NSA Mid-South. (Photo by Wayne Smith)

Carrying the torch to FITNESS

BY JO3 JESSICA A. FORTHOFFER

As the Navy continues to stress a culture of fitness, commands are generating ways to motivate their personnel.

Navy Personnel Command (NPC) will hold their annual Olympics from June 5-16, coordinated by the NPC Olympics Committee. Personnel will compete in 40 events, including a triathlon, shooting, volleyball, weightlifting, even foosball.

Last year, 20 teams divided by code, made up of both military and civilian personnel, competed for the overall gold medal. Second- and third-place teams will receive a silver or bronze medal, respectively. Participation

points are given, but in the end, the team with the most wins will get the gold.

Two weeks of competition culminate in a command-wide picnic on the last day, with good food and plenty to drink for participants and their families.

Command officials said that over the last five years, the event has grown in participation, and they hope that next year, there will be a chance to include other commands on NSA Mid-South.

The Olympics are scheduled just a couple of weeks after the Spring PRT, so plenty of personnel should be at their best. Volunteer for the home-run-hitting contest and knock one out of the park for your code.

NPC HOLDS 106TH SUBMARINE BIRTHDAY BALL

BY JO3 TREVOR S. ANDERSEN
NAVY PERSONNEL COMMAND COMMUNICATIONS

The dimly lit banquet hall is full of sailors, laughing and talking. Music plays softly in the background, as old friends share stories of adventures at sea. They're submariners, and the occasion is the 106th birthday of the U.S. submarine fleet.

Since the first U.S. Navy sub was purchased on April 11, 1900, the fraternity of the silent service has been like no other in the military. MTCS (SS) Bill Foster, missile technician detailer at Navy Personnel Command, said, "Submarine balls are an annual time to remember lost subs and sailors on 'eternal patrol.' It all goes back to honors and traditions in the Navy." Foster, who also served as the master of ceremonies at the ball, explained, "We gather in remembrance of the sacrifices our shipmates who have served on subs have made and will make in the future."

The event started with a social hour and moved into the "Tolling of the Bells" ceremony, which hon-

ors the 52 Navy submarines and their crews lost since the first Navy submarine was commissioned. The evening's guest speaker was Rear Adm. David A. Gove, commander of the Navy Personnel Command. "What we do here tonight, in this long tradition, is to honor our shipmates, past and present; and we are especially blessed to have the love and support of our family members," said Gove, who has served in both attack and ballistic missile submarines since he joined the Navy in 1975. "Clearly, these three qualities - professional competence, integrity and endurance - are not limited to submariners of the past. I see these qualities right now in sailors throughout our force and our Navy at this critical time in our nation."

The ceremony ended, and the NSA Mid-South Navy Band played. Some danced, while others talked. However, at the end of the evening, the message was clear, as Gove said, "It is up to us to build on our predecessors' success and encourage the coming generation to reach for greatness by upholding the finest traditions of the silent service. You are creating tomorrow's legacy."



Rear Adm. David A. Gove, commander, Navy Personnel Command, was the guest speaker for the 106th Submarine Birthday Ball, held Apr. 21 at the Memphis Marriott hotel. (Photo by JO3 Trevor S. Andersen)

Thanks for Volunteering

More than 20 volunteers were recognized Friday for their support of the Navy-Marine Corps Relief Society. Awards were presented for the many individual hours of volunteer work given. The amount ranged from 100 hours by seven workers to 40,000 hours by Dolly Willingham. (Photo by Art Frith)



Commanding OfficerCapt. Matt Straughan
Executive OfficerCmdr. Russell M. Chang
Public Affairs OfficerDavid W. Crenshaw

PublisherWalter A. Einhart
EditorClay Wilson
General ManagerJason Conner

SalesMary Jackson
Layout ManagerThomas Sellers Jr.
Send us your comments to bluejacketmil@yahoo.com.

COMMENTARY



Two Important Words

Have you ever heard, “The job’s not done until you thank the people who did the work?” I assume you have, and while some of you will say that’s common sense, I also suspect some of us could say thanks a little more often.

I have found a simple “thank you” is priceless. Most of you will do incredible things when asked, but if you go the extra mile and no one thanks you, you may be less likely to give the same effort the next time you are asked.

In my estimation, leaders need to reward performance more often. Rewards, as you know, come in many forms. Not every deed deserves a medal.

Have you ever done something for someone, only to have your efforts go unnoticed? Sure you have. I think we all have. The sad part is, saying thank you is so easy. There is almost no effort required, and I can’t think of a gesture that does more for retention than making sure our people understand we appreciate their work.

In our society, it’s custom to express appreciation to people who help you in any way. Because it is commonly practiced, most people expect to be thanked when they do something for someone. Sometimes the absence of a “thank you” is misunderstood to mean the effort to help was not appreciated or was not wanted. There are many ways to express gratitude, and the type of help received can help determine what method of saying “thank you” is most appropriate.

Here are some recommended ways to express your thanks:

- * Always verbally communicate appreciation. When the favor shown did not require a great deal of time or effort, a verbal “thank you” is enough.

- * Write a short letter or “thank you” note. Small note cards with “thank you” printed on the front are available in most stores, as

well as “thank you” greeting cards. However, regular stationary is often used and perhaps less expensive.

- * Give a small, inexpensive gift. In the Navy, gifts are normally limited to end-of-tour occasions, as well as retirements. In all cases, gifts must conform to the Navy regulations that govern costs.

- * Treat someone to lunch. Care must be taken to avoid the perception of favoritism, but when someone does something for you, taking the person to lunch is a common practice.

Shipmates, the above list is not all-inclusive. When a sailor expends a great deal of effort, usually over a period of time, the effort may indeed be worthy of a medal. While end-of-tour awards are common, the most impressive awards are the ones given for specific extraordinary acts. If you have sailors who work for you, make sure you reward them appropriately. It’s important to remain fair and ensure the “thank you” method is commensurate to the effort provided. When a medal is warranted, a simple “thank you” won’t do. Conversely, when an effort is routine, or not significant enough to generate a medal, saying “thank you” is adequate.

There are many reasons why good sailors choose to leave the Navy. Some of the reasons are completely preventable. When a sailor feels he or she is not appreciated, or the work he does doesn’t matter, he may choose to leave. It’s up to every one of you to make life better for those who work for you. If the people who work for you are not happy, it’s

up to you to learn why and do what you can to make sure they have productive work and sound goals.

If you ignore your people, or don’t reward them appropriately, you can almost count on them leaving the Navy.

My challenge to each of you is to get in the habit of saying “thank you” on a regular basis. I think it’s easy to fall prey to the fast-paced enviv-

ronment we work in and to forget to thank your people. I also believe if you say “thank you” as a matter of course, you probably won’t forget as much. Saying “thank you” is part of the Golden Rule: “Do unto others as you would have them do to you.” Saying “thank you” makes people feel good. What’s more, when you say “thank you,” you, too, should feel good. Providing adequate recognition to your people will provide for good morale and can’t help but affect retention in a positive way.

My final recommendation is to make sure you are sincere when you thank your people. We’ve all had people say “thank you” to us, where the person saying it either didn’t really care or didn’t pay attention to the level of effort we expended. I truly feel that, if we take a genuine interest in the work of our people, saying “thank you” will come off as a genuine gesture. Keep in mind it’s not the words “thank you” that carry the weight...it’s the fact that you are taking time to recognize someone’s efforts. Actions are louder than words, but few words are as powerful as “thank you.”

Good luck, shipmates, and THANK YOU for your service!



BY FITCM(AW/SW)
JON R. THOMPSON

Chaplain’s Corner

THE GREATEST ONES PRAY

BY CHAPLAIN JASON RIGGS

No one is so great as the person on his knees in prayer. The following story is an excerpt from William Bennett’s *Book of Virtues*:

During the fierce winter of 1777, when the young American army was barely able to keep body and soul together at Valley Forge in Pennsylvania, the entire nation wondered if its dream of independence would ever become reality.

One cold day, a Quaker farmer was walking along a creek at Valley Forge, when he heard the murmur of a solemn voice. Creeping in its direction, he discovered a horse tied to a sapling, but no rider. The farmer stole nearer, following the sound of the voice. There, through a thicket, he saw a lone man, on his knees in the snow. It was General Washington. His cheeks were wet with tears, as he prayed to the Almighty for help and guidance.

The farmer quietly slipped away. When he

reached home, he said to his wife, “The Americans will win their independence! George Washington will succeed!”

“What makes thee think so, Isaac?” she asked.

“I have heard him pray, Hannah, out in the woods today,” he said. “If there is anyone on this earth the Lord will listen to, it is this brave commander. He will listen, Hannah. Rest assured, He will.”

Do you want to walk with your head held high? Then drop to your knees and pray.

Do you want to see past the petty problems from day to day? Then stand on your knees.

God lifts up the humble person who bows before him in prayer. He did it for the man who was first in war, first in peace and is still first in our hearts as Americans. He’ll do it for you.

Today has been designated by President Bush as the National Day of Prayer. Spend some time in prayer today!

CALENDAR OF EVENTS

Cinco de Mayo Celebration - will be held tomorrow from 11 a.m. to 2 p.m. at the Helmsman Club John Finn Room. The NSA Mid-South Diversity Committee sponsors the event. For more information, call 874-5341.

The NSA Mid-South Diversity Committee is looking for new members. The next meeting will be held on Mon., May 8 at 1 p.m. in Conference Room 259 located on the second floor of the Lassen Bldg. Contact RP2 White at 874-5341 for more information.

Freedom from Smoking classes - will be held every Wednesday and on Friday, June 9 from noon to 1 p.m. in the OIC’s Conference Room at the Naval Branch Health Clinic. The dates are May 17, 24 and 31 and June 7, 9, 14, 21 and 28. Anyone interested in attending can contact ENC Houston at 874-6100 Ext. 169 to sign up prior to the first day of class. The class is open to all active duty, dependents, reservists and government workers who have an ID card and are 18 years of age or older.

Armed Forces Day Golf Tournament - sponsored by American Legion Tipton County Post 67 at Forest Hill Golf Course in Drummond, Tenn. on May 20. Entry fee is \$50 per player. Sign up on-line at www.legionpost67.org/golf or call Ken Marshall at 837-6765 (evenings).

Vacation Bible School 2006 - will be held at the NSA Chapel Center June 26-30 from 6 p.m. to 9 p.m. for children ages 5-12 years old. Registration forms and medical powers of attorney, which all participants must have, are available at the Chapel Center. Teenage helpers, who also must be registered, are also welcome and needed as volunteers. For more information, contact the NSA Chapel Center at 874-5341.

The Navy-Marine Corps Relief Society - offers assistance if a personal emergency occurs. This organization exists to help Sailors, Marines and their families in need. The hours of operation are Monday through Thursday 9 a.m. to 1 p.m. If help is needed, please call NMCRS at 874-7350 to schedule an appointment. The newly renovated Navy-Marine Corps Relief Society Thrift Store is open Tuesday through Friday from 10 a.m. to 2 p.m. and the first Saturday of the month.

This civilian enterprise newspaper is an authorized weekly publication for members of the military services. Contents of *The Bluejacket* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Navy. The appearance of constitute endorsement by the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or *The Millington Star*, of the products or services advertised.

Everything advertised in this publication shall be made available for purchases, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit act of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Published by *The Millington Star*, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Commanding Officer, Naval Support Activity Mid-South, Millington, Tenn. News photos, unless otherwise credited, are official U.S. Navy photos. All news copy will be screened by *The Bluejacket* office, building S-455. Copy must be submitted no later than close of business Thursday prior to Thursday publication. Editorial content is edited, prepared and provided by the Public Affairs Office of Naval Support Activity Mid-South.

New study shows multiple deployments taking toll on military families

Study answers questions of how to help families of deployed service members

COURTESY OF THE NATIONAL MILITARY FAMILY ASSOCIATION

ALEXANDRIA, VA. - Military families need greater psychological, emotional and organizational assistance, according to the results of a new survey released today by the National Military Family Association (NMFA). The Cycles of Deployment Report, a study on the needs of military families, shows service members and military families are experiencing increased levels of anxiety, fatigue and stress. In response, NMFA outlined recommendations for meeting these challenges amid multiple and extended deployments, increased rates at which service members are called upon to complete operational missions and the heavy reliance on National Guard and Reserve forces.

“This report shows the range of support programs for families has expanded since the start of the War on Terror. However, multiple deployments and a high operations tempo mean different types of support are needed for families’ continued success before, during and after deployment,” said Joyce Raezer, director of government relations for NMFA. “Our survey results provide the Department of Defense a detailed road map for making sure families are taken care of during this important time.”

Key findings from the survey include:

- * Almost half of respondents reported they have used or would use counseling services, such as anger management classes and family counseling. Three quarters of those who stated they were better able to deal with subsequent deployments found counseling services to be helpful.

- * Two-thirds of military families surveyed did not have contact with their unit or unit network volunteer during the critical pre-deployment stage.

- * Less than one-half reported a consistent level of family support through the pre-deployment, deployment and post-deployment phases. Seventeen percent reported no support was available.

- * Many respondents are concerned that volunteers who help families adjust to life during deployment and what to expect after the reunion are becoming fatigued and subject to “burnout.” They stated that the leaders of unit family groups should be paid or have paid professional support personnel assigned.

- * Military family members with civilian jobs face pressure to avoid taking time off before, during or after deployment. Sixty percent of military spouses are employed outside the home, and many

have either quit their jobs or are considering it.

- * Military families are worried about how the reunion will go with their deployed family member, even as they are worrying about their service member’s safety in the field. Unfortunately, many families are not taking advantage of specific return and reunion briefings and activities.

- * Many respondents expressed that when entering a second or third deployment, they carry unresolved anxieties and expectations from the last deployment(s). While they may have gained knowledge of resources available to them, respondents whose service member deployed multiple times reported being more fatigued and increasingly concerned about their family relationships.

- * Although challenged by the demands of deployment, families noted they are proud of their service member and their service to our country. They understand that family support is primarily their personal responsibility, but they expect “The Military” to provide support as well.

The NMFA developed a series of recommendations identifying how the Department of Defense (DoD) can better train and support military staff and civilian volunteers to assist military families, including:

- * Expand program and information outreach. Create formats for families to access support services and maintain touch with their commands and unit family groups when they live too far from either the unit or other military families.

- * Assist families in developing realistic expectations and ways to then meet them. Educate military families about what to expect before, during and after deployments.

- * Direct more resources to support family volunteers. Increase the level of resources and paid professionals, both counselors and administrative, to support the logistics of supporting families and conducting family readiness activities.

- * Address return and reunion challenges throughout the deployment cycle. Help with the reintegration of a service member with the family after deployment.

- * Recognize that family time is important. Encourage service leaders to give family time a higher priority when planning operational activities, especially for service members who have been back for only a few months from deployment.

- * Continue deployment briefings throughout the year. Never assume families have all the information they need. Ongoing deployment briefings are especially helpful for new spouses or the parents of new recruits. Experienced family members also may find new challenges during a subsequent deployment, or find the accumulated stress from multiple deployments creates the need for re-engaging with the family readiness/support group, or for accessing different support personnel.

The Cycles of Deployment Survey, conducted between April and September 2005, surveyed

nearly 1,600 individuals, representing both active and reserve components from the Army, Navy, Marine Corps, Air Force, Coast Guard and Public Health Service. Seventy percent of the respondents offered comments and personal stories regarding their deployment experiences. Half of the respondents had a service member currently deployed.

This report is the follow-up to NMFA’s well-received earlier study, *Serving the Homefront: An Analysis of Family Support from 9-11-01 through 3-31-04*. The findings presented in this new survey served as the basis for the testimony NMFA presented to various Congressional committees this year. It addresses the core issues of service members and their families: family readiness, families

and deployment, families and transition, compensation and benefits, and families and community.

The NMFA is the only national organization whose sole focus is the military family and whose goal is to influence the development and implementation of policies that will improve the lives of the families of the Army, Navy, Air Force, Marine Corps, Coast Guard and the Commissioned Corps of the Public Health Service and the National Oceanic and Atmospheric Administration. For more than 35 years, its staff and volunteers, comprised mostly of military family members, have built a reputation for being the leading experts on military family issues. Visit <http://www.nmfa.org/> for more information.

Crossword:

Brought to you by

ACROSS

1 URL extension

4 Drew back

9 “Crime doesn’t pay,” e.g.

14 French sea

15 Rumor mill

16 Port of Italy

17 Commotion

18 Hunt series

20 With distinction

22 Born as

23 Brief openings?

24 Beam for rails

29 Changdeok Palace site

30 “That’s your game, eh?”

31 Unwanted name in “Roots”

32 Sasquatch and yeti, e.g.

36 Hum-dum divider

37 Sly

40 “Well, ___-de-dah”

41 Become very thin

42 Far from land

44 It’s only one until you cross it

45 Checkout units

49 “Friends” character

52 Defoe’s castaway

53 Crop buster? (Abbr.)

54 Steak throwaway

55 Saturday morning staple

60 Hop start

61 Screw-up

62 Emerge violently

63 Compass direction (Abbr.)

64 “In ___ Trust”

65 Some compilations

66 Massawa port sea DOWN

1 Some rial spenders

2 Made-over

3 Isle of Capri attraction

4 Represent by a marking, e.g.

5 Makes well

6 Jones with bones, familiarly

7 Greek letter

8 Use a brush, in a way

9 Symptoms of malaria

10 Absolutely loathe

11 Undefined amount

12 Moo ___ gai pan

13 Nice agua

19 One of Sean Lennon’s middle names

21 Autonomous territory of the Netherlands

24 Of finer quality

25 Greenhorn

26 Commotion requiring action?

27 Certain wild goat

28 Type of patch

30 Recently

33 A set for “The White Shadow”

34 Hyson, for one

35 Takeoff experts

37 It may be cold or petty

38 Poseidon’s mother

39 Certain unborn young

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20			21					22					
23							24	25			26	27	28
29							30				31		
			32		33			34	35		36		
		37	38							39			
40					41								
42			43			44			45		46	47	48
49				50	51			52					
			53					54					
55	56	57					58	59			60		
61							62				63		
64							65					66	

40 Fond Du ___

43 Words before a word from our sponsor?

46 Bible book

47 City industrialized by 50-Down

48 Oozed

50 Industrialist, John

51 Produce eggs

52 Crawled cautiously

54 Wildebeests

55 KFC portion

56 Tijuana gold

57 Former fort near Monterey

58 Business card abbreviation, perhaps

59 Tell’s home canton

CROSSWORD PUZZLE

ANSWERS

O	E	N	S	L	S	I	T	E	M	O	O	S
A	N	E	I	A	D	N	A	S	N	O	N	A
D	I	H	S	E	N	N	A	E	N	O	O	T
E	T	I	S	I	O	S	Y	E	C	S		
O	S	N	A	O	S	E	A	Z	V	H	O	
S	W	E	L	I	S	E	A	L	N	S	V	
X	O	E	V	E	X	I	T	A	Z	V	H	
E	O	C	S	S	A	O	O	F	O	I	B	
A	B	O	L	I	O	H	O	T	N	O	E	S
E	I	L	S	S	O	H	O	S	O	N	I	N
E	N	E	S	S	O	H	O	S	A	T	V	I
N	O	A	L	N	O	B	G	V	Y	W	O	Y
V	O	N	E	O	V	I	N	E	A	S	W	I
E	O	N	E	V	O	E	I	H	S	G	R	O



Memories of the Past

BY ART FRITH
NSA MID-SOUTH PUBLIC AFFAIRS

60 Years Ago: Reservists Needed to Stay - The Navy is offering a golden opportunity to all USNR TARS that do not wish to enlist in the regulars, but would like to remain on active duty after Sept. 1. The Navy desires 50,000 enlisted men of the USNR and USN-I status to remain after Sept. 1, 1946, but not beyond Mar. 1, 1947. Volunteers of all rates will be accepted; **Check 'em Out** - You'd better get a suit of those ice cream clothes in tip-top shape, mates, because they're the uniform that will be worn at next Saturday's big personnel inspection. All hands are reminded also to have their hair cut to regulation length. At the last inspection, a few salts were given extra duty for "duck" haircuts; **Short Sleeves Not Allowed** - It may be tough, and it could "gripe" somebody, but sleeves will have to be worn down around this base. Short sleeves on dungaree shirts, although comfortable and flashy, are not regulation. The base Shore Patrol has been instructed to "pick up" men who are out of uniform; **Fourth Estaters?** - *The Bluejacket* will be writing its own obituary someday, unless aid comes quickly to the Reserve-manned herald. Any USN man or Reserve that will sign over 'til March 1947 is invited to come into the office and tell of his journalism experience. Present rate or rating makes no difference. Ability to type and a background in journalism are all that is necessary.

50 Years Ago:
Nothing Up Their Sleeve - Distinctive ship-name sleeve marks have been approved for sea-going sailors, the Navy announced. Recommended by the Navy Uniform Board, and approved by Adm. Arleigh Burke, chief of naval operations, the markings will be worn by all shipboard enlisted personnel, except chief petty officers. It will be worn below the right shoulder seam of the sleeve of both dress blue and dress white jumpers; **Dangerous Dog on the Loose** - An extremely dangerous dog may be loose on the station and the owner is urged to report to NAS Security. The small, slick-haired dog, predominantly brown with black around its neck, recently bit a child. Painful rabies shots will be necessary if the dog is not located and examined. The dog will not be destroyed if located and found not rabid; **New Badges for Top Marines** - The Commandant of the Marine Corps announced senior Marine enlisted personnel soon would be issued new chevrons. One is for First

Sergeants and the other is for Sergeant Major, a rank that was abolished in 1942 and recently reinstated; **SECNAV Comes a' Calling** - Secretary of the Navy Charles S. Thomas arrived at Navy Memphis to take part in Memphis' Armed Forces Day program.

40 Years Ago:
A New Look at NAS Gates - The gates at the Naval Air Station, Memphis are sporting the new look with uniformed civilian guards. The guards are a result of a recent Civil Service exam that was open only to veterans; **Purple Heart Awarded** - Capt. Jack A. Holmes, NAS Memphis commanding officer, presented the Purple Heart to HM3 Arthur H. Garnett. Garnett received 30 shrapnel wounds while serving with the Marines outside of Da Nang, Vietnam in Oct. 1965.

30 Years Ago:
Pioneer Naval Aviator Honored - A recently completed instruction building at Naval Air Station, Memphis is dedicated as "Wood Hall," in honor of the late Capt. Robert H. Wood. There ceremony was held at the building site where Mrs. Wood unveiled a photograph and inscribed plaque memorializing her late husband. The building will house the Navy's new air traffic control school; **COs May Designate Strikers** - The BUPERS Manual is changed to permit commanding officers to assign striker identification to E-3s who have been working in a specific rating at the command for at least six months; **Swim Call To Cost You** - Outdoor pools on base opened this month, but with a price to swimmers. A 25-cent fee has been implemented for each entry to the pool area. Recreation Department officials say the fee will help reduce the current operation deficit by at least 40-percent.

10-Years Ago:
Navy Loses Top Sailor - Secretary of the Navy John H. Dalton calls Adm. Jeremy "Mike" Boorda "a sailor's sailor in every sense, in all of the proud traditions associated with the Navy he loved and served." Boorda died on May 16 reportedly from an apparent self-inflicted gunshot wound over reports of his inappropriate wearing of the "V" valor insignia on medals awarded 20-years earlier. A PN1 in 1962, with a GED instead of a high school diploma, he was selected for Officer Candidate School. Boorda is the only person in U.S. Navy history to advance from seaman recruit to admiral and the first chief of naval operations who did not attend the U.S. Naval Academy. He was buried in Arlington National Cemetery on May 19.



Backyard trampolines safety concerns

BY ART FRITH
NSA MID-SOUTH PUBLIC AFFAIRS

Spring is here, Daylight Saving Time has kicked in, and the end of the school year is near. The longer days and warmer weather means children will be outside playing more and more in and around their yards. An increasingly popular activity is the backyard trampoline, which brings with it fun as well as danger.

A circus acrobat first introduced the trampoline in 1936. During World War II, the United States and Great Britain used trampolines to train fighter pilots. The popularity among the civilian population in the United States increased during the 1950s and 1960s.

According to an analysis of these trampolines conducted by the U.S. Consumer Product Safety Commission (USCPC) for the years 1990 through 1995, hospital emergency rooms treated an estimated 249,400 trampoline-related injuries that occurred to children 18-years old and younger. The median age of children injured was 10 years. Ninety-three percent of these injuries occurred at home with 50 percent being male.

In 1996, the latest year for which data is available, more than 83,000 injuries related to trampolines were treated in hospital emergency rooms in 1996. Nearly all of these injuries occurred on home trampolines. Because injuries are common and can be severe, the American Academy of Pediatrics recommends that trampolines be used only in supervised training programs - never at home, in outdoor playgrounds, or in schools. Forty percent of trampoline-related injuries are sprains and strains, most frequently affecting the leg or foot. Nearly one-third of injuries are fractures, many of which require surgery. Younger children appear to be at the greatest risk for fractures, while older children more often suffer sprains and strains. Head and neck injuries account for about 10 percent of injuries associated

with the trampoline, and about 15 percent of head injuries involve fractures, concussions, and closed-head trauma. Deaths from trampoline use are rare, averaging less than one each year.

While fractures are the most common injuries, occurring in 45 percent of the children usually after they fell off the trampoline, spinal injuries accounted for 12 percent of the

for children at all times.

* The trampoline legs should be placed into the ground.

* The supporting bars, strings and surrounding landing surfaces should have adequate protective padding.

* Place the trampoline away from structures, trees and other play areas.

* Only one person should use a trampoline at a time.

* Spotters should be present when participants are jumping.

* A surrounding net around the perimeter of the trampoline may help reduce the number of injuries from falls but should not be used as a substitute for adult supervision.

* Somersault, or other high-risk maneuvers, should be avoided without proper supervision and instruction;

* These maneuvers should be done only with proper use of protective equipment, such as a harness.

Do not use the trampoline in inclement weather conditions like rain or snow.

Additionally, when children use the trampoline, they should not be doing anything else. To reduce the risk of choking, they should not have gum or food in their mouths. They should not be playing ball on it at the same time because that is distracting. Their footwear should be soft, but protective. Items, such as beeper, cell phones or key chains, should be removed before getting on.

The biggest issue most medical professionals have with the backyard trampoline revolves around the proper use of the equipment and lack of supervision. If you have a backyard trampoline in your yard, these safety tips are the responsibility of the adult and not an unsupervised child. If you have put a trampoline in your backyard, or are considering doing so, you should be prepared to provide proper supervision just as would be required of you if it were a pool or other playground equipment. This includes location. Most of the yards that come with base housing units are fairly small and are not designed to accommodate large playground equipment. There are a few trampolines in the backyards of housing residents,



patients. These injuries usually happened on the trampoline. According to M. Douglas Baker, M.D., who writes for Yale-New Haven Hospital's HealthLINK Pediatrics, "Unfortunately, trampolines are probably more often used improperly than properly." Baker says the most common misuse involves having more than one user on the trampoline at the same time. "One child bounces causing the other child to become a projectile that can easily be catapulted off the trampoline."

The USCPC reports that a higher proportion of younger children are being injured on trampolines. About three-quarters of these young children were injured on the trampoline while under the direct supervision of an adult. Past injuries don't discourage children from returning to the activity. More than half of the children injured while using a trampoline return. Given the frequency and severity of the injuries noted in various studies, researchers have recommended that the trampoline cannot be considered a "simple backyard toy." They also warn that trampolines cannot be made safe enough for use in the home or school.

In an effort to reduce the number and severity of trampoline injuries, the American Academy of Orthopaedic Surgeons recommends the following safety tips:

* Competent adult supervision and instruction is needed

which are located too close to the chain link fence surrounding the yard. Even with a barrier, with the trampoline located adjacent to the fence there is the possibility a child could fall or bounce off the trampoline and suffer severe injuries should they hit the fence.

Good judgment and adult supervision is the bottom line when it comes to keeping your child, and those of others, safe.

Suite 110 Patriot Plaza • Hwy 51
872-6999 • Fax 872-6899

\$1⁰⁰ off Regular Sub w/coupon
\$2⁰⁰ off Large Sub w/coupon

Quiznos SUB
MMMM...TOASTY!

Contact Lenses

We have available:

- Eye examination
- Visual training
- Lenses, all types
- Frames
- Contact lenses all types
- Bifocal and tinted soft contact lenses
- Disposable contacts

P.W. Reed, Optometrist

4770 Easley St. Millington 872-4814

Come See Dessie Reed's Gift Shop Next Door.

Member American Optometric Association

MATTRESS VALUE PLACE

"WHERE THE CUSTOMER IS THE M.V.P."

Simmons
Englander
The mattress of choice.

FREE DELIVERY • FINANCING AVAILABLE

SALE ALL FLOOR MODELS REDUCED

AT ALL THREE LOCATIONS THURSDAY, FRIDAY & SATURDAY

Cordova 1890 N. Germantown Pkwy. (next to Unpainted Furniture) 757-9292	Millington 8507 Hwy. 51 (Across from Lowe's) 872-8332	Oakland 7085 Hwy. 64 (Just 15 min. past Wolfchase Mall) 466-7050
--	--	---

Webster University Memphis Naval Support Activity

Located on the Naval Base in Millington, TN

(Open to Military and Civilian)

Course Schedule: Summer, 2006
May 29, 2006 - July 28, 2006

Electives	Course Description	Days
<u>MNGT 5000/45</u> <u>QMGT 5000/45</u>	Management Introduction to Quality Management	W T
Computer Information Resources Management		
<u>COMP 5920/45</u>	Information Systems Applications	T
Master of Arts in Human Resources Management		
<u>BUSN 5200/45</u>	Basic Finance for Managers (replaced FINC 5570)	R
<u>HRDV 5610/45</u> <u>HRMG 5670/45</u> <u>HRMG 5670/ME</u> <u>HRMG 6000/45</u>	Training and Development Applied Statistics Applied Statistics Integrated Studies	M T M W
Master of Business Administration		
<u>BUSN 5760/MP</u> <u>BUSN 6070/45</u> <u>BUSN 6200/45</u>	Applied Business Statistics Management Accounting Business Policies and Strategies (Capstone)	M T R
<u>FINC 5880/MP</u>	Advanced Corporate Finance	W
Master of Business Administration Prerequisite		
<u>BUSN 5620/45</u>	Current Economic Analysis	R

Registration Dates: March 8, 2006 - June 9, 2006

Tuition: \$285 per semester hour for all students

Weekday class times: Monday - Thursday classes are held from 5:30 p.m. - 9:30 p.m.

memphis@webster.edu
Business No. 901-873-1531

OOOPS!

**COURTESY OF THE
NAVAL SAFETY CENTER**

An E-3 dental tech was doing some unspecified work with a computer speaker on the floor of his bedroom. Leaving this task apparently unfinished, he slept for a few hours, then hopped up to do some laundry.

Amazingly, the speaker hadn't dragged itself out of the way during the night. Since the room was dark, the sailor tripped over the speaker and did a forward gainer into a countertop, producing a shiner and what the report called "post-concussion syndrome." I don't know if that is better or worse than a plain concussion, but I do know that I would prefer none of the above. He lost five workdays. Could have lost a few teeth, which would have been particularly embarrassing for someone who works with dentists all day long.

Some things are harder than they look. And some things are just as hard as they look, including one event that many

woodworkers know something about, namely joist-walking. On occasion, some may have participated in this challenging event, both during their stint as a carpenter after college, or as the owner of a fixer-upper home. Teetering along on a 1.5-inch 2-by-10 is no cakewalk, and the degree of difficulty increases as you dodge rafters and try to carry whatever tools or materials made you climb up there in the first place.

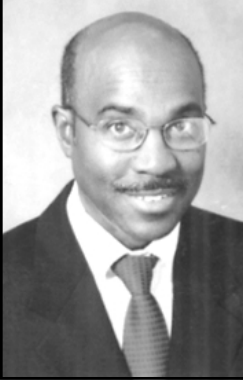
The latest DNF (did not finish) in this event was a UT3, doing some electrical work in the upper reaches of a sea hut. One misstep and she nearly went through the plywood ceiling. Lucky for the UT3, she caught herself on a truss, bruising her hip en route. A technique some people use these days is to carry a couple pieces of 2-by-10 with them, and shuttle them along to walk on, stepping on one while moving the other. You still have to watch your step, but it works like a charm. For Navy folks, it is the one time that walking the plank is a good thing.

This next instance may be difficult to

figure out exactly what happened. A lance corporal was (quoting here) "drilling a screw, and had the drill on the wrong setting." The term "drilling a screw" is ambiguous, but what is clear is that when he pressed the trigger, the drill spun around and smacked him in the forehead. Talk about torque. You have to wonder what the other settings were.

Check out those dudes playing flag football over there on the parade ground. Try to guess which one is going to blow out his knee. A good choice would be that IT1 wearing the neoprene knee support. Yup, there he goes, ker-flop, down in a heap. Wasn't even near another player. You can probably predict the doctor is going to diagnose a torn ACL and a torn meniscus, and that this sailor is going to miss 44 days of work after surgery and may be on LIMPDU for 6 to 8 months. Oh, you wonder why he was wearing the knee support? He had already injured it and had the same surgery. Maybe the doctors can use the same scars.

The CLASSIFIED Advantage
Connecting People, Places and Things



Retired Military

Bennie F. Leflore

Affiliate Broker

Office: (901) 372-3690
Cell: (901) 493-2974
Other: (901) 385-1484
Fax: (901) 377-9487

<http://BennieLeflore.crye-leike.com>

2868 Summer Oaks • Bartlett, TN 38134

www.crye-leike.com

CRYE-LEIKE REALTORS®



Wife of Naval Veteran

Deborah "Debby" Vaughan

Affiliate Broker

Office: (901) 756-8900
Cell: (901) 647-8725
Fax: (901) 758-5641

debby.vaughan@crye-leike.com

6525 Quail Hollow • Memphis, TN 38120

www.crye-leike.com

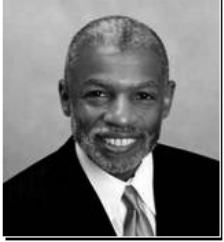
CRYE-LEIKE REALTORS®

Marine Corps Retired

Dir: 901-259-7804

Cell: 901-331-7082

Prudential
Collins-Maury,
Inc. REALTORS®



James S. Barrett
Affiliate Broker

505 Halle Park Drive • Collierville, TN 38017

Education help for kids of globe-trotting parents

**BY LISA ANN WOHLTMANN
LIFELINES STAFF REPORTER**

"We are geared towards enhancing brick and mortar schools," said Liz Pape, president and CEO of Virtual High School (VHS). Through VHS the students can explore many more courses while still enrolled in high school, she added.

Taking classes online would seem a perfect fit for children of oft times nomadic military parents.

"This is a great way to offer continuity," Pape said about this nearly decade-old school.

Although a student cannot graduate from VHS, any student around the world could take classes toward a high school diploma. "We are not a degree granting program," she explained. "Our specialty is AP" or Advanced Placement courses.

VHS, based out of Maynard, Mass., currently has American international kids enrolled in the curriculum. Since all courses are taught using the English

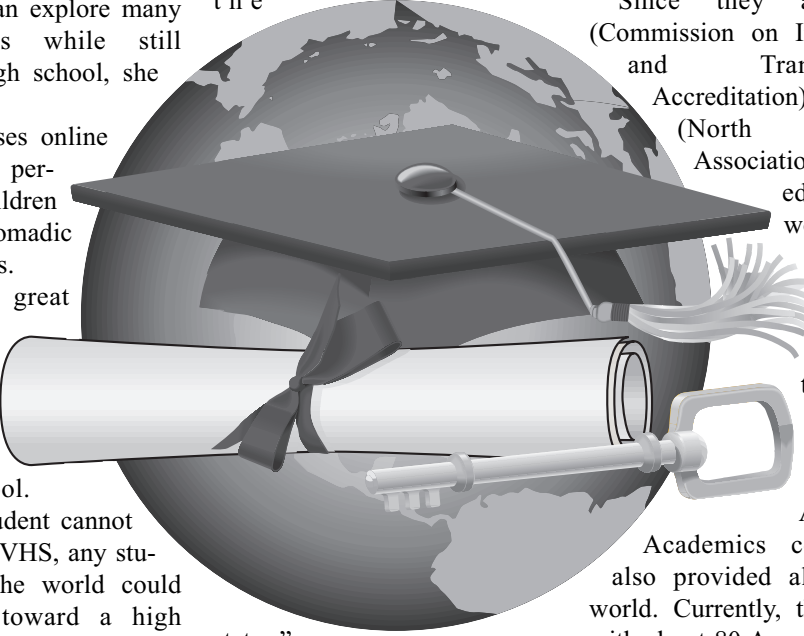
language, American teens can communicate with their Japanese or Korean classmates, for example.

"The global culture is really important," she said. "Probably the Defense Department is more aware of it than are people in the

who recently quit school and those with extensive family commitments and can't get to a regular classroom.

"It's an alternative that we feel isn't provided elsewhere," Russell Randolph, the director of education said.

Since they are CITA (Commission on International and Trans-Regional Accreditation) and NCA (North Central Association) accredited, they would be able to offer a diploma, but they don't at this time.



Advanced Academics courses are also provided all over the world. Currently, they partner with about 80 American school districts throughout 19 states. They don't have a connection with the Norfolk school district - one of the largest Navy hubs in the world - but have partnered with several California school districts, where many Sailors reside. In fact, most of their clients live on the coasts

states." Yet an online environment won't work for everyone.

"Some people need the social aspect of school," said Jeffrey Elliot, president and CEO of Advanced Academics, another online school that has a different focus. They mainly cater to the at-risk students, the kids

WORD SEARCH

S E Q N N B C E T Z B E T I A
K R Y T K T A S M Z N G X I D
U I E E F R G C J V C R P S Y
H A N D S E E N K F G J J Z B
X H E K L I E S I M P I F V T
A Q I B M U H T W A E Y J N X
R K O H Y Z O G N U P Y Y J L
M W C O L E S H O E A E L F G
S M F I N G E R S Q S Z G X I
P W P A Z K D Y E R M Z P L F
R B I U D G L N P I G E R A N
Q L S A I V O I G Z N O L U G
S I R B C C Q N P V V A G R E
R N U K L A S F F H U D O D Q
G H D N K W N D O L V J O S T

ARMS
BACK
EARS
ELBOWS
EYES
FEET
FINGERS
HAIR
HANDS
KNEES
LEGS
NOSE
SHOULDERS
THUMB
TOENAILS

The word search is brought to you by the following sponsor:



**The Millington
Family YMCA**

REDEFINE THE WAY YOU LIVE



CROSS CREEK

A p a r t m e n t s

luxury apartment homes

Brand New Luxury Apartment Homes! NOW LEASING



Year round resort-style amenities
Elegant upscale finishes

Call Now and Reserve Your New Home

901-873-0041

or visit our website at

www.crosscreekmillington.com

Contact Lenses

We have available:

- Eye examination
- Visual training
- Lenses, all types
- Frames
- Contact lenses all types
- Bifocal and tinted soft contact lenses
- Disposable contacts

P.W. Reed, Optometrist

**4770 Easley St.
Millington
872-4814**

*Come See Dessie
Reed's
Gift Shop Next Door.*

Member
American Optometric Association



Oaktree Homes, LLC

www.OaktreeHomesMemphis.com

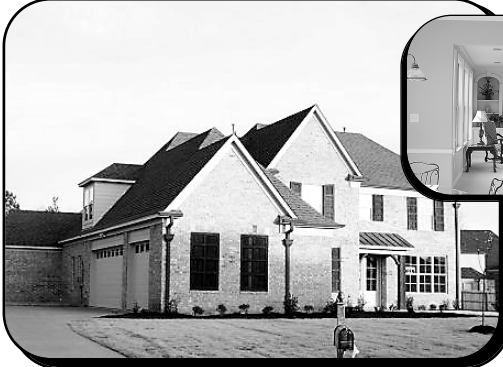
Website Features Available Homes located in

Arlington • Bartlett • Cordova

Check Prices and Locations

On-line 24/7 or call

901-758-2177



*In appreciation for all you do
for us, ask about Oaktree
Homes Active Duty
Military Bonus*

Oaktree Homes, LLC

Tuition Assistance Improvements Now Available

COURTESY OF LIFELINES

Tuition Assistance (TA) is the Navy's educational financial assistance program. It provides active duty personnel funding for tuition costs for courses taken in an off-duty status at a regionally, nationally or professionally accredited college, university, or vocational/technical institution recognized by the Department of Education. Navy TA pays for both classroom and independent study/distance learning courses, regardless of course length.

All Navy Tuition Assistance pays up-front the tuition and fees charged by educational institutions for course enrollments. It is no longer necessary for Navy students to pay tuition and show

successful completion before they are reimbursed. Navy TA pays 100 percent of tuition costs for courses applicable to the completion of a high school diploma or equivalency certificate. For other education levels, there is a fiscal year credit limit of 12 semester hours, 18 quarter hours, 180 clock hours or 18 CEUs per individual.

Payment for tuition and fees will not exceed the following caps:

- * \$250.00 per semester hour
- * \$166.67 per quarter hour
- * \$16.67 per clock hour
- * \$166.67 per (CEU)

For more information, check out the Navy College Program web site at <https://www.navy-college.navy.mil>.

Cinco De Mayo, NASCAR-style

BY JEFFREY NICHOLS
COMMANDER NAVY RECRUITING
COMMAND PUBLIC AFFAIRS

The no. 88 Navy "Accelerate Your Life" Monte Carlo heads to the Richmond International Raceway to participate in the Circuit City 250 in Richmond, Va., May 5.

Driver Mark McFarland will be at the wheel of Dale Earnhardt Jr.'s JR Motorsports-owned no. 88. The fleet honoree for the race will be USS *Bataan* (LHD 5). *Bataan* was commissioned Sept. 20, 1997. She is the fifth ship in the Wasp class of multipurpose amphibious assault ships. The

mission of *Bataan* is to serve as the lead ship of an amphibious readiness group and now as the centerpiece of an expeditionary strike group.

As of the Phoenix race April 21, McFarland has moved up to 21st in the Busch Series standings. McFarland began the Phoenix race in the 13th position and finished 16th. McFarland worked his way through the field and managed to pass five cars in the last 20 laps of the race to finish 16th. With twelve Nextel Cup Series regulars finishing in the top 15, he was the fourth Busch Series driver to take the checkered flag. "The Navy Chevrolet had a great start-

ing position," McFarland said of the Phoenix race. "I qualified 13th, that's the best start for the team this year. We got off to a good start, but the car was too loose there at the beginning.

No. 88 crew chief Rich Hubbs was equally pleased with the Navy Racing team's efforts at Phoenix. "All in all it was a good race for our Navy team," said Hubbs. "We've been qualifying better and better each week, and we almost got a top-10 starting spot this week.

The Richmond race will be televised live at 6:30 p.m. on WHBQ channel 13, WGKX FM-105.9 (Kix 106), and XM channel 144.

Ladies' Night



Patrick Wrenn, the kickboxing aerobics instructor at the Joe Dugger Fitness Center, conducts a class during the recent Ladies' Night Out. Thirty women took part in the event, which is held three times a year. The center's staff invite all women to come by the fitness center, and open up programming and classes just for them. They offer free chair massages, sample fitness classes, personal training advice, body fat assessments, healthy snacks, etc. (Photo by Art Frith)

EYE ON THE FLEET



Resolve Marine Group employees Aaron Nahapetian (left) and Robert Lee Jr. begin pulling cable in off the flight deck aboard the decommissioned aircraft carrier USS *Oriskany* (CVA 34) in preparation for the ship's scheduled sinking. *Oriskany* is scheduled to be scuttled 22 miles south of Pensacola in approximately 212 feet of water in the Gulf of Mexico on May 17, where it will become the largest ship ever intentionally sunk as an artificial reef. After the *Oriskany* reaches the bottom, ownership of the vessel will transfer from the Navy to the state of Florida. (Photo by JOI Jackey Bratt)

BUY ONE PAIR
OF EYEGLASSES
**GET ONE
FREE***



**Optical Center
& Optometry Center**
Located in the Exchange

Navy Exchange Mid South
873-4911

Eye Exams Available by **Dr. Ira Davis**
Independent Doctor of Optometry

- TRICARE accepted
- Appointments are available
- Walk-ins are welcome

*Free second pair is a \$39.95 value, which includes Image I frame and single vision plastic lenses. Choose a more expensive frame or lens and just pay the difference. Cannot be combined with any other discount, coupon or insurance plan, except for the \$20 off Transitions lenses offer. All eyeglass and contact lens purchases require a current, valid prescription. Offer expires 07/08/06. ©2006 National Vision Inc. This advertisement is neither paid for nor sponsored in whole or in part by any element of the United States Government.

**You've Kept the
Military Rolling.
Now Do the Same for Us.**



If you have experience maintaining diesel engines or military vehicles, there's a career opportunity near you. Across the U.S., we have over 500 dealers who appreciate the sacrifices you've made, the training you've received and the dedication you've shown.

Tell us about your experience at www.freightliner.com/military. We'll forward your information to the dealer near where you plan to live.

FREIGHTLINER
LLC
A DaimlerChrysler Company

Morale, Welfare and Recreation



Auto Skills Shop (Bldg. N-764)
Open Tuesday - Friday
10 a.m.-6 p.m.
Saturday 8 a.m.-4:30 p.m.
Closed Sunday and Monday

The Auto Skills Shop is here for those who prefer a more hands-on approach to auto maintenance. The Auto Skills Shop has the facility, equipment, tools, and library of repair manuals available for you to change a spark plug or do a major overhaul or restoration project.

For more information call Auto Skills Shop Manager at (901) 874-5675.



In the Auto Skills Shop Compound (Bldg. N-397)
Open Monday-Saturday
8 a.m.-4 p.m.
Closed Sunday and holidays

Canopy tents, dunk tanks and popcorn-poppers are just a few of the items we offer that can add a festive and a professional touch to command functions, family reunions, birthday parties and many other special activities.

Price lists are available upon request.

For more information call Rental Center Manager at (901) 874-5675.

First Concert Tomorrow!

4th Annual Concerts by the Green!

Every Friday

Glen Eagle Golf Course

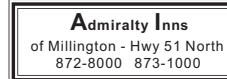
Naval Support Activity Mid-South, Millington

**Next to the Driving Range
6:30 p.m. to 8:30 p.m.**

**Enjoy some social time and listen to some good music.
Call 874-5168 for information**

**Special Door Prize Each Week
\$200 Gift Certificate
FREE Entry! Must Be Present To Win!**

Sponsored by:



Disclaimer: The Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services.

FREE



**May 5
Navy Band
(Top 40)**



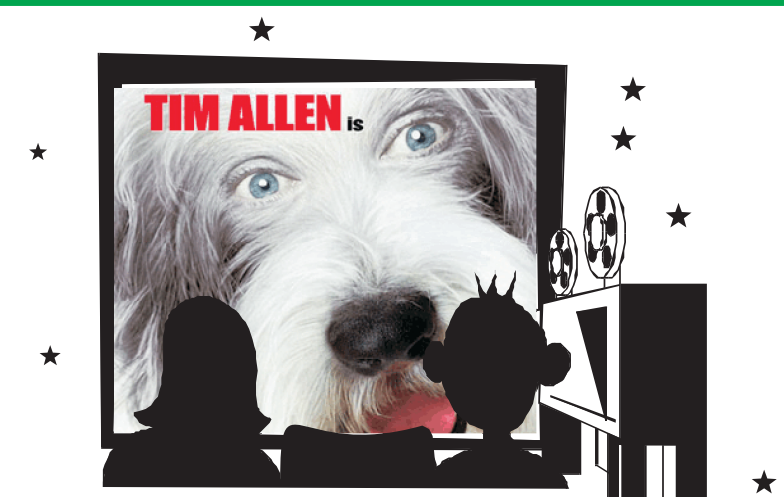
**May 12
Memphis Heartbeats
(Generational Pop)**



**May 19
Andy Childs
(Memphis Music)**



**May 26
The Distraxhuns
(Rockin' Memphis Soul)**



FAMILY MOVIE DAY! at the Ellison Recreation Center every Saturday 1 - 4 p.m.

(Movie begins at 1:30 p.m.)

The whole family is invited!

Drop by to enjoy a family rated movie and popcorn. Challenge your child to a game of pool, let them dazzle you with their video game prowess or just hang out.

06 May - Eight Below (PG)
13 May - Nanny McPhee (PG)
20 May - The Shaggy Dog (PG)
27 May - Aquamarine (PG)

Family Movie Day is open to all MWR authorized patrons. MWR authorized patrons are defined as all personnel who live and work onboard Navy Mid-South as well as Active Duty, Retired, and Reserve Military Personnel, Naval Support Activity Mid-South civilian personnel and their family members. Youth under 18 must be accompanied by a parent or guardian 18 years of age or older.



Ellison Recreation Center bldg S-499 NSA Mid-South. (901) 874-5650.

TICKETS MEMPHIS REDBIRDS BASEBALL NOW AVAILABLE

Friday, May 19 at 7:10 p.m.
First 1500 fans through the gate receive an apron courtesy of Bryan Foods and Kroger

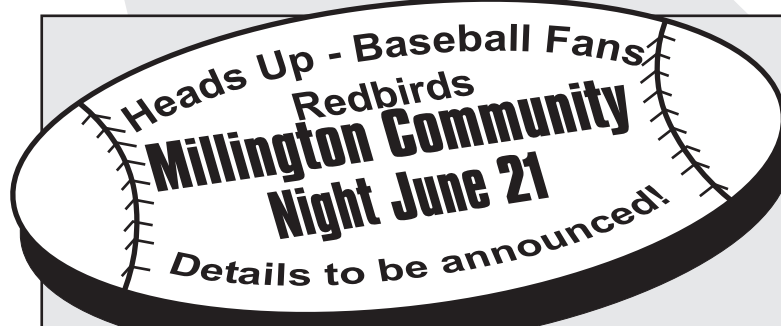
Thursday, May 25 at 7:10 p.m.

Saturday, June 3 at 6:10 p.m.
Spectacular Fireworks immediately after the game.

Sunday, June 4 at 2:10 p.m.
First 10,000 fans through the gate receive free voucher to Six Flags St. Louis

More game dates available. All above game tickets \$8.75.
Deadline to purchase tickets usually week before game.

Call 874-5455 for information.
Information, Tickets & Travel Office, building S-760.
Tickets have to be returned one week prior to the game.



Home of the Liberty program for Single Sailors and Geo Bachelors



Ellison Recreation Center Bldg S-499 Open 7 days a week!

Monday- Friday, 9 a.m.-10 p.m.,
Saturday 12-10 p.m.
Sunday and holidays 2 p.m.-10 p.m.
(901) 874-5650

Note youth are welcome when accompanied by an adult 9 a.m.-4 p.m. Patrons must be 18 and older to use this facility after 4 p.m.

The staff at the Ellison is doing a terrific job of creating a relaxing and inviting atmosphere for you to enjoy. This center offers a thirty-six seat theater, TV lounge, billiards, ping pong tables, darts, PS2 and XBOX game

systems and various board games. Also featured is a six-station computer center with Internet access. Special activities and events conducted throughout the year include tournaments, Navy Motion Picture Program, MOSA Single Sailor Dinners, Shuttle trips to local Memphis entertainment and shopping centers, day trips and ticket give-a-ways. Stop by to see what's the next big event going on. Ellison Recreation Center is open to all MWR authorized patrons. However this center is the home of the "Liberty Program" ("Single Sailor Program") and you must be 18 or older to participate in activities unless otherwise stated.

Movie Theater: Enjoy a free picture show in our 36-seat movie theater. Take your choice from our list of over 300 movies. Check out "Coming Attractions" display at the center for schedule. See calendar on next page for upcoming schedule.

Computers and Internet Access: Our computer room features six (6) user friendly PC stations with Windows operating systems and Microsoft Office software. Access your existing email accounts with internet mail service.

Wireless internet connection available.

Gameroom: Challenge a friend to a game of pool, ping pong, foosball or one of many board games available.

Arcade: A variety of amusement machines are available. Enjoy the PS2 and X-Box game systems. We offer Xbox live & PS on line for added excitement. We have the latest games including Madden 2005, NBA 2005, Def Jam Fight for NY, NCAA 2005, WWE Smack Down vs Raw, and NASCAR 2005 just to name a few.

Library: Enjoy a current issue of a magazine or a local paper or check out the USA Today, or Washington Post. We also have a paperback book exchange.

Snack bar: Let your taste buds go wild with a variety of snack foods and beverages all at a low cost. Additional beverages available for those 21 and older.

Trips and Events: Ellison schedules trips and events throughout the year. Stop by to see what's the next big event going on.

MOSA Single Sailor Suppers: Every third Tuesday of the month at the Ellison. The meal is served 6 p.m. until the food runs out.

Youth Center and Teen Center happenings

NAVY TEEN CENTER

Available at TC:
• large screen TV
• PS 2 & X Box
• computers
• trips & events
• friends

First visit is FREE!

Hours: 2:15-6 pm Monday-Thursday
2:15-9 pm Friday & 4-9 pm Saturday
Monthly pass is \$5

Two staff members at all times!
Navy Teen Center 901-874-5494 Bldg. S-770

Dance Classes

Ballet, Jazz & Tap
NSA Mid-South Conference Center N-767

AGE GROUP	CLASS TIME	\$10 Family Registration Fee
2-4 years	9-10 am	
4-5 years	10-11 am	
6-8 years	12-1 pm	
8-12 years	11 am-12 pm	
12 & older	8-9am	

Monthly Fee: Military/Retiree \$30 DoD \$35 Community Civilian \$40

First class is FREE!
Call the YC for class info & for multi-child discount rates!

Instructor: Peggy Holden Armstrong has over 30 years experience in dance instruction.
Youth Center 901-874-5155

WHAT'S HAPPENING

@ your Navy Youth Center and Teen Center?

Here is an overview of our ongoing programs and events. Please stop by or call for further information.

Navy Youth Center
Bldg. 936 901-874-5155
Navy Teen Center
Bldg. S-770 901-874-5594

Visit www.nsamidsouth.navy.mil for MWR info, the required YC and TC paperwork.

FAMILY RECREATION NIGHT YOUTH CENTER BLDG. 936

Challenge the kids to a board game or enjoy a movie together!

Available at YC:
• relaxed atmosphere
• movies on a big screen TV
• foosball and games
• family friendly concessions

Monday and Wednesday 5:30-7:30 p.m.
Enjoy a FREE night out together as a family!
Navy Youth Center 901-874-5155

KARATE

SHORIN-RYU

MONDAY & WEDNESDAY
5:30-7 pm YC Bldg. 936

Monthly Fee:
All Okinawa Shorin-Ryu Karate and Kobudo Federation
Military/Retired: DoD Civilian:
Ages 6-8 \$15 Ages 6-8 \$20
9-16 \$20 9-16 \$25
17 & up \$25 17 & up \$30
FIRST CLASS IS FREE!

Navy Youth Center
Bldg. 936 901-874-5155

Kid's Night Out Trip to the Movies! Friday, May 19

Youth in 1st-5th grade are invited to join us for Kid's Night Out - trip to the movies to see "Over the Hedge." Fee covers supervision, admission and transportation to theater (and ride home upon request.) Space is limited so drop by and register today.
Deadline to register May 8.
Fee for this event \$10 per child. Call (901) 874-5155.



Morale, Welfare and Recreation

MWR Event Highlights

Naval Support Activity Mid-South

MWR EXPO

Tuesday, May 9
10 a.m - 1 p.m. Helmsman Complex

- It's bigger & better!
• More...Drawings and giveaways
• More...Games and interactive displays!
• More...Exhibitors & vendors!

Food Show Sponsored by Sysco!
Free samples of delicious food and beverage products provided by Sysco, MWR & others!

Take a look at all we have to offer!
This event is not only one of the best ways for you to gather program information, it is also our chance to strut our stuff for you. We look forward to seeing you there!

Event sponsored by
Ford, MWR

Everyone is invited!



Disclaimer: While the Department of Defense and the Department of the Navy cannot officially endorse any commercial product or service, the support given by the sponsors is appreciated.



ITT vacation and ticket offers

For more information or tickets stop by Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid-South or call (901) 874-5652/5455, 1-800-779-4252.



National Street Rod Trip

ITT Weekend trip to Street Rod Nationals in Bowling Green scheduled August 4-6
Single \$198 Double \$306

Cost includes tickets to National Street Rod Association and the Corvette Museum; hotel accommodations at the Hampton In Bowling Green and round trip transportation onboard MWR Coach Bus Deadline to sign up July 1, 2006. Minimum of 20 required



National Street Rod Association



May 22 - 28

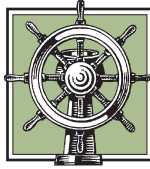
Tournament Players Club at Southwind
One day passes \$21

Advance price at the gate and other ticket outlets is \$21. Advance tickets \$21 the gate and other ticket outlets. Regular price \$26.

A one day ticket is good for one admission to the Tournament grounds on any one day of the Tournament.

The FEDEX St. Jude Classic is dedicated to the support of St. Jude Children's Research Hospital by presenting a world-class PGA Tour event. Stop by ITT for one day passes.

... Dining...



at the HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

Join us for lunch and more!
Lunch served 10:30 a.m.-1 p.m.
Monday - Friday

(See calendar below for daily buffet entree menu.)

\$5.25 Value Spotlight

Daily Plate Lunch special

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



Call 874-5356 and get it "to go"!

Mother's Day Brunch

Sunday, May 14
11 a.m. - 2 p.m. in the Ballroom

Tennessee sugar cured ham, Roast tom turkey, Top round of beef au jus, Southern style cornbread dressing, Candied yams, Mashed potatoes with gravy, whole kernel corn, broccoli casserole seasoned green beans,

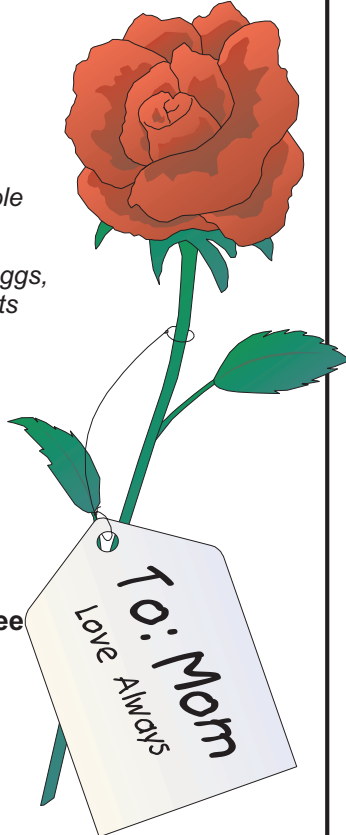
Bacon, sausage links, scrambled eggs, Grits, French toast, rolls and biscuits

Caesar salad, Mushroom salad, Tomato and Cucumber salad, Pasta salad, fruit salad,

Strawberry cake, Chocolate Seduction cake, Carrot cake, Lemon pie

Adults \$9
Children (age 5-10) \$5.25
Children younger than 5 eat free

Reservations recommended
Please call 874-5442
Walk-ins seated as tables become available.




Mongolian BBQ

Friday, May 19, 5-8 p.m.
Cost: 60 cents per oz.

IN THE COMING WEEK!

MAY 4-13, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>BINGO! Join the Fun!</p>	<p>Mother's Day Special Friday, May 12, 4 - 10 p.m.</p> <p>Free dinner served 5 - 7 p.m. Southern Fried Chicken, Potato Salad, Cole Slaw and Dinner Rolls</p> <p>Navy Mid-South MWR Bingo Program Helmsman Complex Bldg. S-760 Call (901) 874-5443 for more information.</p>	<p>Helmsman Lunch Buffet Baked Meatloaf Country Fried Steak</p> <p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p> <p>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Producers</i> (PG)</p>	<p>Helmsman Lunch Buffet Southern Fried Chicken Beef Stroganoff</p> <p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p> <p>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</p> <p>BINGO 4-10 p.m. Bingo Hall!</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Big Momma's House 2</i> (PG 13)</p>	<p>Helmsman Lunch Buffet Roast Beef Pit Smoked Ham</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Good Fellows</i> (R)</p>	<p>Helmsman Lunch Buffet Fried Catfish Beef Tips with Wine Sauce</p> <p>Friday night Tunica trip Call (901) 874-5455</p> <p>Concerts by the Green! Every Friday Golf Course</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Big Momma's House 2</i> (PG 13)</p>	<p>Ballet, Jazz and Tap Class every Sat. 8 a.m.-12 p.m. at the Conference Center</p> <p>Family Movie Day! Ellison Rec. Center Every Saturday 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Eight Below</i> (PG)</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Hills Have Eyes</i> (R)</p>
	<p>Helmsman Lunch Buffet Baked Meatloaf Country Fried Steak</p> <p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p> <p>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Freedomland</i> (R)</p>	<p>Helmsman Lunch Buffet Closed... see you at the EXPO!</p> <p>MWR EXPO</p> <p>Movie Premier Night</p> <p>Second Tuesday each month Ellison Recreation Center starts at 6:30 / movie at 7 p.m. (must be 18 or older) <i>The Pink Panther</i> (PG)</p>	<p>Helmsman Lunch Buffet Southern Fried Chicken Beef Stroganoff</p> <p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p> <p>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</p> <p>BINGO 4-10 p.m. Bingo Hall!</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Big Momma's House 2</i> (PG 13)</p>	<p>Helmsman Lunch Buffet Roast Beef Pit Smoked Ham</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The River King</i> (R)</p>	<p>Helmsman Lunch Buffet Fried Catfish Fried Shrimp</p> <p>Concerts by the Green! Every Friday Golf Course</p> <p>Mother's Day Special BINGO 4-10 p.m. Bingo Hall!</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Date Movie</i> (PG 13)</p>	<p>Ballet, Jazz and Tap Class every Sat. 8 a.m.-12 p.m. at the Conference Center</p> <p>Family Movie Day! Ellison Rec. Center Every Saturday 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Nanny Mcphee</i> (PG) 1:30 Pm</p> <p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Something New</i> (PG 13)</p>

Paul Revere and the Raiders

Six decades and rocking

BY ART FRITH
NSA MID-SOUTH PUBLIC AFFAIRS

After nearly 50 years of being heard on the radio, seen on TV, and performing for fans at thousands of concerts around the world, including USO shows, the legendary rock ‘n’ roll group Paul Revere and the Raiders continue to show why they are one of the most popular groups in music recording history.

Paul Revere and the Raiders, along with The Righteous Brothers’ Bill Medley, are currently the opening act for the evening performance at Dick Clark’s American Bandstand Theater in Branson, Mo., which opened its doors on Apr. 21. You sit down in a comfortable seat with a soft drink and popcorn and see the front of a 1964 Mustang positioned center stage. The lights are turned off and pair of large video screens show black and white footage from American Bandstand. Then, as he did many times on the ABC-TV show, you watch as Dick Clark says, “Here’s Paul Revere and the Raiders.” The screens go dim, the curtains part, the stage lights come on, and the distinctive sound of “Just Like Me” fills the auditorium, along with the applause and cheers from the fans, who range in age from elementary school to senior citizen.

During the hour-long show, Revere’s brand of zany comedy, visual and



Darrin Medley (left) and Paul Revere (right), of the legendary Rock ‘n’ Roll band Paul Revere and the Raiders, perform Kicks and many of their No. 1 hits from the 60s at the April opening of Dick Clark’s American Bandstand Theater in Branson, Mo. (Photo by Art Frith)

verbal gags are mixed in with some of the group’s 23 consecutive hit singles including “Hungry,” “Kicks,” “Stepping Stone,” and the 1971 No. 1 hit “Indian Reservation,” which has now sold more than four-million copies.

Revere credits Bill Haley and the Comets for getting him into the music business. “When I heard Bill Haley and the Comets, I knew then I wanted to put together a band,” Revere said. Like many teenagers back in 1952, he started buying their records. “When the movie “Rock Around The Clock” came out in 1956, I already had put together a band.”

Revere organized the Raiders in 1958 in Idaho. With his name being Paul Revere, record executives told him, “You’d be crazy not to take advantage of that,” which resulted in the group’s signature revolutionary war-era costumes and his tri-corner hat. Revere said, “During the British music invasion of the mid-60s, it was the obvious thing to do. We were warning America the British were coming, again.” The Raiders was the first rock group to be signed by Columbia Records. Their first hit on that label was “Louie, Louie” in 1963, which he jokes to audiences, “This song just refuses to die.”



Though they’re far from their teenage years, Paul Revere and the Raiders fans still come out to see, hear and meet the group. The band is one of many acts from the 50s and 60s performing at Dick Clark’s American Bandstand Theater. (Photo by Art Frith)

Getting your GED diploma

BY JENNIFER L. HOCHLAN
LIFELINES STAFF REPORTER

If you left high school before graduation, you’re not alone. Each year, more than 800,000 adults get their GED diploma, according to the GED Testing Service. Celebrities, senators and people just like you are among the many Americans who have their GED.

The official GED website is dedicated to helping adults earn their GED. From here, you can discover what the GED test is, find a local testing center, and learn where to get study materials to prepare for the test. The site also gives you an idea of what to expect when you take the test, tells you how to interpret your scores, and gives advice on how to take that next step into a college or university.

At NSA Mid-South, contact the Fleet and Family Support Center.

There may be costs associated with taking the GED test. The GED Contacts page on the GED website tells you where to find a contact in your area for more information. Fees for testing can be up to \$80. If free study guides are not

available to you on base, visit the base or community library to check out recent editions of preparatory books. You can also purchase your own study guides in most bookstores or at an online book outlet such as BarnesandNoble.com or Amazon.com for about \$12 to \$25.

BROWNSTONE RESTAURANT
7849 Rockford Rd • Millington
872-8703
(located behind Taco Bell off Navy Rd.)

BROWNSTONE RESTAURANT
50% OFF COUPON
(DINNER ONLY)
Buy 1 adult entree get 2nd entree of equal or lesser value half off
Excludes - Ribeye
Expires June 14, 2006
not valid with any other offer

Mon. - Fri. 11AM - 2PM • 5PM - 9PM Sat. 4PM - 9PM Sun. 11:30PM - 3:00PM

LEGAL LESSONS

By David Britton Peel
Attorney at Law
www.coleandpeel.com



Current Drug Cases

This is only a partial list of medications and some problems that they allegedly are linked to. Mass tort lawyers are investigating these, or are even taking cases now. I thought this list might be helpful to you.

Crestor & other “statins”: allegedly linked to renal (kidney) failure when used for high cholesterol (signs: weakness, dark urine)

Guidant Heart Defibrillators: allegedly has wire deterioration, which could prevent its therapy.
RECALLED BY FDA in July 2005

Guidant Heart Pacemakers: allegedly has moisture seal issue, which could prevent its therapy.
RECALLED BY FDA in July 2005

Prempro & Premarin: allegedly increases the risk of cancers (breast & ovarian) & risk of stroke and heart disease while on Hormone Therapy.

Medtronic Heart Devices: Defibrillators & Pacemakers: allegedly have problems in use.
97/98 implants RECALLED BY FDA in April 2004
Batteries made in 2001-2003 RECALLED BY FDA in Feb. 2005.

OrthoEvra: Allegedly linked with blood clots (“embolism” or “thrombosis”) & Heart attack and stroke.

Serevent & Advair: Allegedly associated with increase in deaths, especially in African Americans using this asthma medication.

Smith Nephew Knee Replacements: Allegedly some used between Feb. 2002 and Sept. 2003 did not bond properly.

Vioxx, Celebrex & Bextra: Allegedly associated with risk of heart attacks and strokes. Vioxx pulled from Market September 2004. Bextra pulled from market April 2005

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.

1 & 2 Bedrooms

Starting at \$345

On-Site Management
Swimming Pool



Fully Equipped Kitchens with Modern Appliances

THE VILLAGES
At Harrison Creek



3855 Jackson Ave. • 901-381-9000
www.villagesatharrisoncreek.net

\$

TITLE LOANS

Pawn your title,
drive your car
The Best Deal
In Town!

Pay Day LOANS

Get the money you
need today.
We will hold
your personal check
up to 14 days!!

MILLINGTON MOTORS

We buy, sell and trade cars,
trucks and anything of value.

We Do It All.
Check Us Out!

PAWN SHOP

We loan money on
coins, guns, tools and
all types of Jewelry.

We Pawn or Buy
Anything of Value

BUD TILLMAN ENTERPRISES

5273 NAVY ROAD MILLINGTON

(901) 872-8176

\$